

## 2013 State Profile — Texas

### National Survey of Substance Abuse Treatment Services (N-SSATS)

The National Survey of Substance Abuse Treatment Services (N-SSATS) is an annual survey of facilities providing substance abuse treatment. It is conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA). N-SSATS is designed to collect data on the location, characteristics, services offered, and number of clients in treatment at alcohol and drug abuse treatment facilities (both public and private) throughout the 50 states, the District of Columbia, and other U.S. jurisdictions.

More information on N-SSATS methodology is available at the following URL:

<http://www.samhsa.gov/data/2k3/NSSATS/NSSATS.pdf>

In Texas, 461 substance abuse treatment facilities were included in the 2013 N-SSATS, reporting that there were 34,704 clients in substance abuse treatment on March 29, 2013. The survey response rate in Texas was 92.5%.

#### Facility Operation

	Facilities		Clients in Treatment on March 29, 2013			
			All Clients		Clients Under Age 18	
	No.	%	No.	%	No.	%
Private non-profit	225	48.8	12,806	36.9	1,860	63.0
Private for-profit	191	41.4	15,549	44.8	552	18.7
Local, county, or community government	17	3.7	2,934	8.5	379	12.8
State government	7	1.5	388	1.1	163	5.5
Federal government	20	4.3	3,010	8.7	--	--
Tribal government	1	0.2	^	^	--	--
<b>Total</b>	<b>461</b>	<b>100.0</b>	<b>34,687<sup>1</sup></b>	<b>100.0</b>	<b>2,954</b>	<b>100.0</b>

<sup>1</sup> Due to confidentiality concerns, some client counts were suppressed and will not match total client counts.

#### Substance Abuse Problem Treated

	Facilities <sup>1,2</sup>		Clients in Treatment on March 29, 2013		
			All Clients <sup>3</sup>		Clients <sup>3</sup> per 100,000 Pop. Aged 18 or Older
	No.	%	No.	%	
Clients with both alcohol and drug abuse	395	86.6	14,023	40.4	65
Clients with drug abuse only	411	90.1	15,475	44.6	74
Clients with alcohol abuse only	344	75.4	5,206	15.0	25
<b>Total</b>	<b>456</b>		<b>34,704</b>	<b>100.0</b>	<b>164</b>

<sup>1</sup> Facilities may be included in more than one category.

<sup>2</sup> Facilities excluded because they were not asked or did not respond to this question: 5.

<sup>3</sup> Sum of individual items may not agree with the total due to rounding.

Type of Care							
	Facilities <sup>1</sup>		Clients in Treatment on March 29, 2013				
			All Clients			Clients Under Age 18	
	No.	%	No.	%	Median No. of Clients per Facility	No.	%
<b>Outpatient</b>	<b>372</b>	<b>80.7</b>	<b>28,843</b>	<b>83.1</b>	<b>39</b>	<b>2,171</b>	<b>73.5</b>
Regular	304	65.9	12,636	36.4	18		
Intensive	226	49.0	4,074	11.7	10		
Day treatment/partial hospitalization	57	12.4	525	1.5	3		
Detoxification	45	9.8	211	0.6	--		
Methadone/buprenorphine maintenance or Vivitrol®	79	17.1	11,397	32.8	125		
<b>Residential (non-hospital)</b>	<b>127</b>	<b>27.5</b>	<b>5,065</b>	<b>14.6</b>	<b>24</b>	<b>622</b>	<b>21.1</b>
Short term (<30 days)	87	18.9	1,720	5.0	12		
Long term (30+ days)	108	23.4	3,151	9.1	15		
Detoxification	38	8.2	194	0.6	3		
<b>Hospital Inpatient</b>	<b>41</b>	<b>8.9</b>	<b>796</b>	<b>2.3</b>	<b>13</b>	<b>161</b>	<b>5.5</b>
Treatment	35	7.6	587	1.7	7		
Detoxification	39	8.5	209	0.6	6		
<b>Total</b>	<b>461</b>		<b>34,704</b>	<b>100.0</b>	<b>41</b>	<b>2,954</b>	<b>100.0</b>

<sup>1</sup> Facilities may provide more than one type of care.

Opioid Treatment Programs (OTPs)		
	No.	%
<b>Facilities with OTPs<sup>1</sup></b>	<b>72</b>	<b>5.6</b>
<b>Clients in Facilities with OTPs</b>		
Methadone	11,649	93.3
Buprenorphine	385	3.1
Vivitrol®	82	0.7
<b>Clients in Facilities without OTPs</b>		
Buprenorphine	288	2.3
Vivitrol®	80	0.6
<b>Total</b>	<b>12,484</b>	<b>100.0</b>

<sup>1</sup> Percentage of all OTP facilities that are in the United States.

Facility Payment Options		
	Facilities <sup>1</sup>	
	No.	%
Cash or self-payment	435	94.4
Private health insurance	271	58.8
Medicare	116	25.2
Medicaid	270	58.6
State-financed health insurance	156	33.8
Federal military insurance	104	22.6
No payment accepted	9	2.0
Access to Recovery (ATR) vouchers <sup>2</sup>	52	11.3
IHS/638 contract care funds	8	1.7
Other payments	25	5.4
Sliding fee scale	230	49.9
Treatment at no charge for clients who cannot pay	242	52.5

<sup>1</sup> Facilities may accept more than one type of payment.

<sup>2</sup> Available in AK, AR, AZ, CA, CO, CT, DC, FL, HI, IA, ID, IL, IN, LA, MA, MD, MI, MO, MT, NH, NJ, NM, NY, OH, OK, OR, PA, RI, SD, TN, TX, WA, WI, and WY.

Facility Licensing, Certification, or Accreditation		
	Facilities <sup>1</sup>	
	No.	%
Any listed agency/organization	448	97.2
State substance abuse agency	358	77.7
State mental health department	106	23.0
State department of health	326	70.7
Hospital licensing authority	45	9.8
The Joint Commission	134	29.1
Commission on Accreditation of Rehabilitation Facilities	90	19.5
National Committee for Quality Assurance	17	3.7
Council on Accreditation	15	3.3
Other state/local agency/organization	17	3.7

<sup>1</sup> Facilities may be licensed by more than one agency/organization.

Facility Funding		
	Facilities	
	No.	%
Receives federal, state, county, or local government funds for substance abuse treatment programs	253	54.9

## Types of Services Offered

	Facilities	
	No.	%
<b>Assessment and Pre-Treatment Services</b>	<b>455</b>	<b>98.7</b>
Screening for substance abuse	446	96.7
Screening for mental health disorders	262	56.8
Comprehensive substance abuse assessment or diagnosis	424	92.0
Comprehensive mental health assessment or diagnosis	153	33.2
Screening for tobacco use	281	61.0
Outreach to persons in the community who may need treatment	274	59.4
Interim services for clients when immediate admission is not possible	210	45.6
No services offered	6	1.3
<b>Testing</b>	<b>428</b>	<b>92.8</b>
Breathalyzer or other blood alcohol testing	220	47.7
Drug or alcohol urine screening	412	89.4
Screening for Hepatitis B	158	34.3
Screening for Hepatitis C	165	35.8
HIV testing	213	46.2
STD testing	156	33.8
TB screening	202	43.8
No services offered	27	5.9
<b>Counseling</b>	<b>459</b>	<b>99.6</b>
Individual counseling	446	96.7
Group counseling	423	91.8
Family counseling	375	81.3
Marital/couples counseling	230	49.9
<b>Transitional Services</b>	<b>453</b>	<b>98.3</b>
Discharge planning	452	98.0
Aftercare/continuing care	384	83.3
No services offered	6	1.3
<b>Pharmacotherapies</b>	<b>226</b>	<b>49.0</b>
Disulfiram (Antabuse®)	47	10.2
Naltrexone (oral)	60	13.0
Vivitrol® (injectable Naltrexone)	35	7.6
Acamprosate (Campral®)	53	11.5
Nicotine replacement	89	19.3
Non-nicotine smoking/tobacco cessation medications	64	13.9
Medications for psychiatric disorders	138	29.9
Methadone	87	18.9
Buprenorphine with naloxone (Suboxone®)	104	22.6
Buprenorphine without naloxone	57	12.4
No services offered	205	44.5
<b>Ancillary Services</b>	<b>457</b>	<b>99.1</b>
Case management services	399	86.6
Social skills development	353	76.6
Mentoring/peer support	274	59.4
Child care for clients' children	27	5.9
Assistance with obtaining social services	222	48.2
Employment counseling or training for clients	160	34.7
Assistance in locating housing for clients	211	45.8

Continued

## Types of Services Offered (continued)

	Facilities	
	No.	%
Domestic violence services	126	27.3
Early intervention for HIV	137	29.7
HIV or AIDS education, counseling, or support	324	70.3
Hepatitis education, counseling, or support	289	62.7
Health education other than HIV/AIDS or hepatitis	255	55.3
Substance abuse education	449	97.4
Transportation assistance to treatment	160	34.7
Mental health services	229	49.7
Acupuncture	19	4.1
Residential beds for clients' children	17	3.7
Self-help groups	211	45.8
Smoking cessation counseling	199	43.2
No services offered	4	0.9
<b>Other Services</b>	<b>70</b>	<b>15.2</b>
Treatment for gambling disorder	41	8.9
Treatment for Internet use disorder	24	5.2
Treatment for other addiction disorder	57	12.4
No services offered	352	76.4

## Clinical/Therapeutic Approaches Used Always or Often or Sometimes

	Facilities	
	No.	%
Substance abuse counseling	452	98.0
Relapse prevention	438	95.0
Cognitive-behavioral therapy	425	92.2
Motivational interviewing	396	85.9
Anger management	342	74.2
Brief intervention	349	75.7
12-step facilitation	355	77.0
Trauma-related counseling	271	58.8
Contingency management/motivational incentives	250	54.2
Rational emotive behavioral therapy (REBT)	232	50.3
Matrix Model	204	44.3
Community reinforcement plus vouchers	35	7.6
Computerized substance abuse treatment/telemedicine	42	9.1
Other treatment approaches	33	7.2

## Facility Capacity and Utilization Rate<sup>1</sup>

	Residential	Hospital Inpatient
Number of facilities	118	21
Number of clients <sup>2</sup>	4,744	332
Number of designated beds	5,448	375
Utilization rate <sup>3</sup>	87.1	88.5
Average number of designated beds per facility	46	18

<sup>1</sup> Excludes facilities not reporting both client counts and number of beds; facilities whose client counts were reported by another facility; facilities that included client counts from other facilities; and facilities that did not respond to this question.

<sup>2</sup> Number of clients on March 29, 2013.

<sup>3</sup> Because substance abuse treatment clients may also occupy non-designated beds, utilization rates may be more than 100 percent.

## Clients per 100,000 Population in Opioid Treatment on March 29, 2013

	No.
Methadone	44
Buprenorphine	3
Vivitrol®	*

## Services in Sign Language for the Hearing Impaired and in Languages Other than English

	Facilities	
	No.	%
Sign language	131	28.4
Any language other than English	207	44.9
<b>Non-English Language Provided by:</b>		
Staff counselor only	103	49.8
On-call interpreter only	46	22.2
Both staff counselor and on-call interpreter	58	28.0
<b>Languages Provided by Staff Counselor:<sup>1</sup></b>		
Spanish	159	98.8
American Indian/Alaska Native languages	1	0.6
Other	3	1.9

<sup>1</sup> Percentages based on the number of facilities reporting that they provided substance abuse treatment in a language other than English by a staff counselor only or by both staff counselors and on-call interpreters.

## Specifically Tailored Programs or Groups

	Facilities	
	No.	%
Any program or group	371	80.5
Adult women	187	40.6
Clients with co-occurring disorders	166	36.0
Adult men	153	33.2
Criminal justice clients	145	31.5
Adolescents	136	29.5
Persons who have experienced trauma	99	21.5
DUI/DWI clients	51	11.1
Young adults	79	17.1
Persons who have experienced domestic violence	71	15.4
Persons who have experienced sexual abuse	73	15.8
Pregnant or postpartum women	79	17.1
Persons with HIV/AIDS	64	13.9
Veterans	63	13.7
LGBT <sup>1</sup>	49	10.6
Seniors or older adults	44	9.5
Members of military families	32	6.9
Active duty military	32	6.9
Other	23	5.0
No program or group offered	160	34.7

<sup>1</sup> Lesbian, gay, bisexual, or transgender clients.

**Symbol key:** - - Quantity is zero. \* Less than 0.05 percent. n/a Not applicable. ^ Data suppressed due to confidentiality issues.  
‡ No facilities in this category.

Data are from facilities that reported to N-SSATS for the survey reference date March 29, 2013. All material appearing in this report is in the public domain and may be reproduced without permission from SAMHSA. Citation of the source is appreciated.

Access the latest N-SSATS reports at:

<http://www.samhsa.gov/data/DASIS.aspx#N-SSATS>

Access the latest N-SSATS public use files at:

<http://www.datafiles.samhsa.gov>

Other substance abuse reports are available at:

<http://www.samhsa.gov/data/>

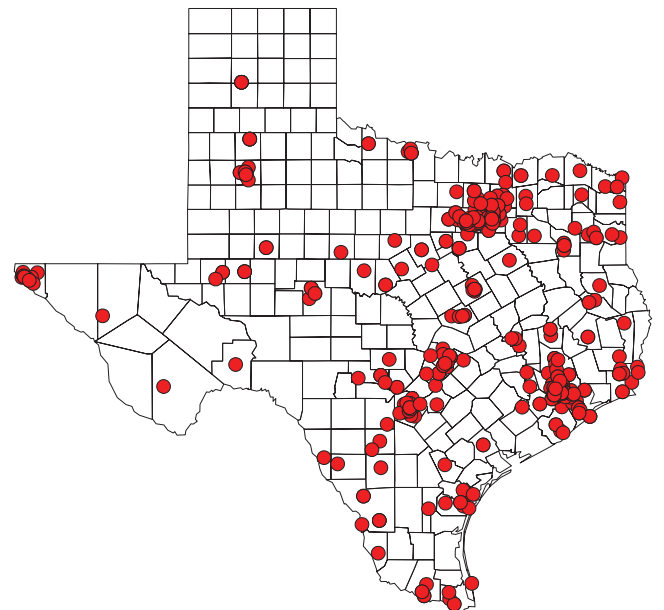
Access N-SSATS profiles for individual states at:

<http://www.dasis.samhsa.gov/webt/NewMapv1.htm>

For information on individual facilities, access SAMHSA's Behavioral Health Treatment Services Locator at:

<http://findtreatment.samhsa.gov/>

## Location of Treatment Facilities



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Behavioral Health Statistics and Quality  
[www.samhsa.gov/data/](http://www.samhsa.gov/data/)